

# **PE-80 Athletic Conditioning Syllabus**

## **Course Information**

Semester & Year: Fall 2025

Dates: 08/25/2025-09/30/2024

Course ID and Section number: 058174

Instructor's name: Justin Claus

Day and time of required meetings: Mon/Wed – 2:30 to 4:30, Tue/Thur – 5:00-7:00

Location: Gymnasium

Number of proctored exams: 0

Course units: 1

## **Instructor Contact Information**

Office location: PE Office 100

Office hours: Mondays and Wednesdays, 10:30am – 11:30am

Phone number: 707-496-8423

Email address: Justin-claus@redwoods.edu

## **Catalog Description**

Physical conditioning through exercises, skills, and drills related to intercollegiate sports.

PE-80 is a conditioning course open to all students interested in conditioning specific to basketball. Coursework will include drills to improve individual and team cardiovascular and strength conditioning, agility, basketball skills, and film analysis.

## **Course Student Learning Outcomes**

- 1.) Demonstrate proper fundamentals and mechanics in sport-specific skills and drills.
- 2.) Create goals to improve physical conditioning and basketball knowledge by analyzing film.
- 3.) Apply conditioning concepts to improve cardiovascular endurance/speed, agility, and power/strength.
- 4.) Demonstrate the roles and responsibilities of a student-athlete (i.e. academic progress, punctuality, decorum policies).

## **Prerequisites/corequisites/ recommended preparation**

None.

## **Educational Accessibility and Support**

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, or bipolar disorder
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders, and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- Neurodevelopmental disorders such as a learning disability, intellectual disability, autism, acquired brain injury, or ADHD
- Vision, hearing, or mobility conditions

Available services include extended test time, quiet testing environments, academic assistance and tutoring through the [LIGHT Center](#), counseling and advising, alternate formats of course materials (e.g., audio books, braille, E-texts), assistive technology, learning disability assessments, approval for personal attendants, interpreters, priority registration, on-campus transportation, adaptive physical education and living skills courses, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact [Student Accessibility Support Services \(SASS\)](#). If you are unsure whether you qualify, please contact Student Accessibility Support Services (SASS) for a consultation: [sass@redwoods.edu](mailto:sass@redwoods.edu).

## SASS office locations and phone numbers

### *Eureka campus*

- Phone: 707-476-4280
- Location: Learning Resource Center (Library)

### *Del Norte campus*

- Phone: 707-465-2353
- Location: main building, near the Library

### *Klamath-Trinity campus*

- Phone: 707-476-4280

## Evaluation & Grading Policy

- Punctuality is a must, being late will impair your ability to properly warm-up and start scheduled events
- Participation in class activities is required
- Proper exercise attire is required: includes basketball shoes and if you wear any injury prevention gear (i.e. knee brace, ankle brace, etc.)
- No Street Clothes
- Participation in pre/post skills test

### **Methods of Evaluation:**

- Final grade will be determined based on participation, assessment of cardiovascular endurance, strength training and free throw logs. After each grouping of three absence's, the student's grade will drop a letter grade. For instance, after the third unexcused absence, the best grade a student can receive is a "B." After nine or more unexcused absences, the best grade the student can receive is a "D." After the 12th class absence your course grade will be an "F." Students are only allowed to make up 3 absences over the course of the semester.

Grading:

100-90% = A

89-80% = B

79-65% = C

64-55% = D

0-54% = F

## Academic dishonesty

- In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic dishonesty, determination of the grade and of the student's status in the course is left primarily to the discretion of the faculty member. In such cases, where the instructor determines that a student has demonstrated academic dishonesty, the student may receive a failing grade for the assignment and/or exam and may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct ([AP 5500](#)) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [2023-2024 College Catalog](#) and [CR Board and Administrative Policies](#).

## AI Use Class Policy

- Recent advancements in generative artificial intelligence (AI) have made large language models such as ChatGPT and Google's Bard widely available. Sometimes, using these tools appropriately can help us overcome barriers and allow us to focus on deeper learning. However, overuse of these tools can undermine the development of our critical and creative thinking skills. In addition, AI outputs are often unreliable and frequently subject to bias. For these reasons, it is sometimes appropriate and sometimes inappropriate to use generative AI in the completion of assignments or in discussion posts. For this class, please see the specific assignment instructions for guidance on how and when generative AI tools may be used appropriately as we're working on and learning from a particular assignment. Also, please keep in mind that you are responsible for anything you submit; please carefully review all AI-generated outputs, screening them for accuracy, bias, appropriateness, and fidelity to your perspective.

## Disruptive Behavior

- Student behavior or speech that disrupts the instructional setting will not be tolerated. Disruptive conduct may include, but is not limited to: unwarranted interruptions; failure to adhere to instructor's directions; vulgar or obscene language; slurs or other forms of intimidation; and physically or verbally abusive behavior. In such cases where the instructor determines that a student has disrupted the educational process,

a disruptive student may be temporarily removed from class. In addition, the student may be reported to the Chief Student Services Officer or designee. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [2023-2024 College Catalog](#) and [CR Board and Administrative Policies](#).

## Inclusive Language in the Classroom

- College of the Redwoods aspires to create a learning environment in which all people feel comfortable in contributing their perspectives to classroom discussions. It therefore encourages instructors and students to use language that is inclusive and respectful.

## Canvas Information

Log into Canvas at [My CR Portal](#)

For help logging in to Canvas and general tech help, visit [Student Technical Support](#)

Once you're logged in to Canvas, you click on the Help icon on the left menu

1. Canvas online orientation workshop: [Canvas Student Orientation Course](#)

## Setting Your Preferred Name and Pronouns in Canvas

- Students have the ability to display personal pronouns and an alternate first name in Canvas. Students may change their pronouns on their own in Canvas (Account :: Settings :: Edit Settings). To request a change to your preferred list name, contact [Admissions & Records](#). Your Preferred Name will only be listed in Canvas; this does not change your legal name in our records. See the [Student Information Update Form \(pdf\)](#).

## Emergency Procedures / Everbridge

- College of the Redwoods has implemented an emergency alert system called Everbridge. In the event of an emergency on campus you will receive an alert through your personal email and/or phones. Registration is not necessary in order to receive emergency alerts. Check to make sure your contact information is up-to-date by logging into [WebAdvisor](#) and selecting 'Students' then 'Academic Profile' then 'Current Information Update.'
- Please contact Public Safety at 707-476-4112 or [security@redwoods.edu](mailto:security@redwoods.edu) if you have any questions. For more information visit [Redwoods Public Safety](#).
- In an emergency that requires an evacuation of the building anywhere in the District: Be aware of all marked exits from your area and building

- Once outside, move to the nearest evacuation point outside your building
- Keep streets and walkways clear for emergency vehicles and personnel
- Do not leave campus, unless it has been deemed safe by the campus authorities.
- To learn more about campus-specific Emergency Procedures, click on a title bar below, or click the down arrow to expand them all.

## Del Norte Campus Emergency Procedures

Please review the [Crescent City campus emergency map](#) for campus evacuation sites, including the closest site to this classroom (posted by the exit of each room). For more information, visit [Redwoods Public Safety](#).

## Klamath-Trinity Campus Emergency Procedures

Please review the responsibilities of, and procedures used by, the College of the Redwoods, Klamath Trinity Instructional Site (KTIS) to communicate to faculty, staff, students and the general public during an emergency. It is the responsibility of College of the Redwoods, Klamath-Trinity Instructional Site (KTIS) to protect life and property from the effects of emergency situations within its own jurisdiction. In the event of an emergency, communication shall be the responsibility of the district employees on scene:

1. Dial 911, to notify local agency support such as law enforcement or fire services.
  2. If safe to do so, notify key administrators, departments, and personnel.
  3. If safe to do so, personnel shall relay threat information, warnings, to ensure the school community is notified.
  4. Contact 530-625-4821 to notify of situation.
  5. Contact Hoopa Tribal Education Administration office 530-625-4413
  6. Notify Public Safety 707-476-4111.
- In the event of an emergency, the responsible district employee on the scene will:
    1. Follow established procedures for the specific emergency as outlined in the College of the Redwoods Emergency Procedure Booklet.
    2. Lock all doors and turn off lights if in lockdown due to an active shooter or similar emergency.
    3. Close all window curtains.

4. Get all inside to safe location Kitchen area is best internal location.
5. If a police officer or higher official arrives, they will assume command.
6. Wait until notice of all is clear before unlocking doors.
7. If safe to do so, move to the nearest evacuation point outside building (Pooky's Park), directly  
behind the Hoopa Tribal Education Building.
8. Do not leave site, unless it has been deemed safe by the person in command.